

Abstract

[0035] A spring with constant cross-sectional area for torsion and/or flexional strain is provided which includes a plurality of individual rods with a round or polygonal cross-section substantially identical to one another and unchanging over their length. In each case, the rods have line or surface contact with other rods and form a bundle held together at least at the ends of the rods. The rods can be round, hexagonal or isosceles triangular in cross-section, and the number of rods is $3n$ or $3n+1$, whereby n is a natural number greater than or equal to 3. Alternatively, the rods can be octagonal or square in cross-section and the number of rods is $4n$ or $4n+1$, whereby n is a natural number greater than or equal to 2.